



Family Wellness Check In | Guidance for Educators

Purpose: The purpose of this guide is to provide school staff with a framework to connect with families during this difficult time and to let families know that you are thinking of them, concerned about them, and are available as a resource.

Consideration: Teachers should not feel pressured to have all the answers to questions/concerns that may be raised by families during the wellness check in. During the check in, listen attentively, pay attention to what families share, let the family do most of the talking and keep a record of any questions or needs that emerge. **Be sure to follow up** on any unmet needs that the family identifies, and **flag any emergency and/or immediate needs** to your school leader (i.e. family doesn't have transportation to pick up meals, etc.)

Guide for a Wellness Check In

People Check In: Start by checking in with the family member *as a person*. Remember that the family member you are talking to is likely the head of household, juggling many competing responsibilities and may be experiencing high levels of stress and anxiety.

- As a parent – grown up to grown up – how are *you* doing right now?
- How is your child(ren) doing? Have you thought about how to keep her/him connected to his peers during the extended closure (i.e. scheduling Facetime calls with friends so (s)he doesn't feel isolated)?
- How is everyone doing (mentally, physically, emotionally) in your home?

Resources Check In: After you've checked in on people, ask about immediate needs and resources.

- Is there anything you need but don't have?
- Do you have any urgent or pressing needs?
- If needed, do you know locations where you can pick up meals for your child? Do you have any concerns about getting to the meal distribution locations (i.e. transportation)?

Distance Learning Check In: Next, check in on learning at home.

- How are you feeling about structuring the day?
- Do you need any ideas for scheduling time or ideas for keeping kids engaged?
- How are you feeling about the resources available to you? What additional resources do you need to support learning at home?